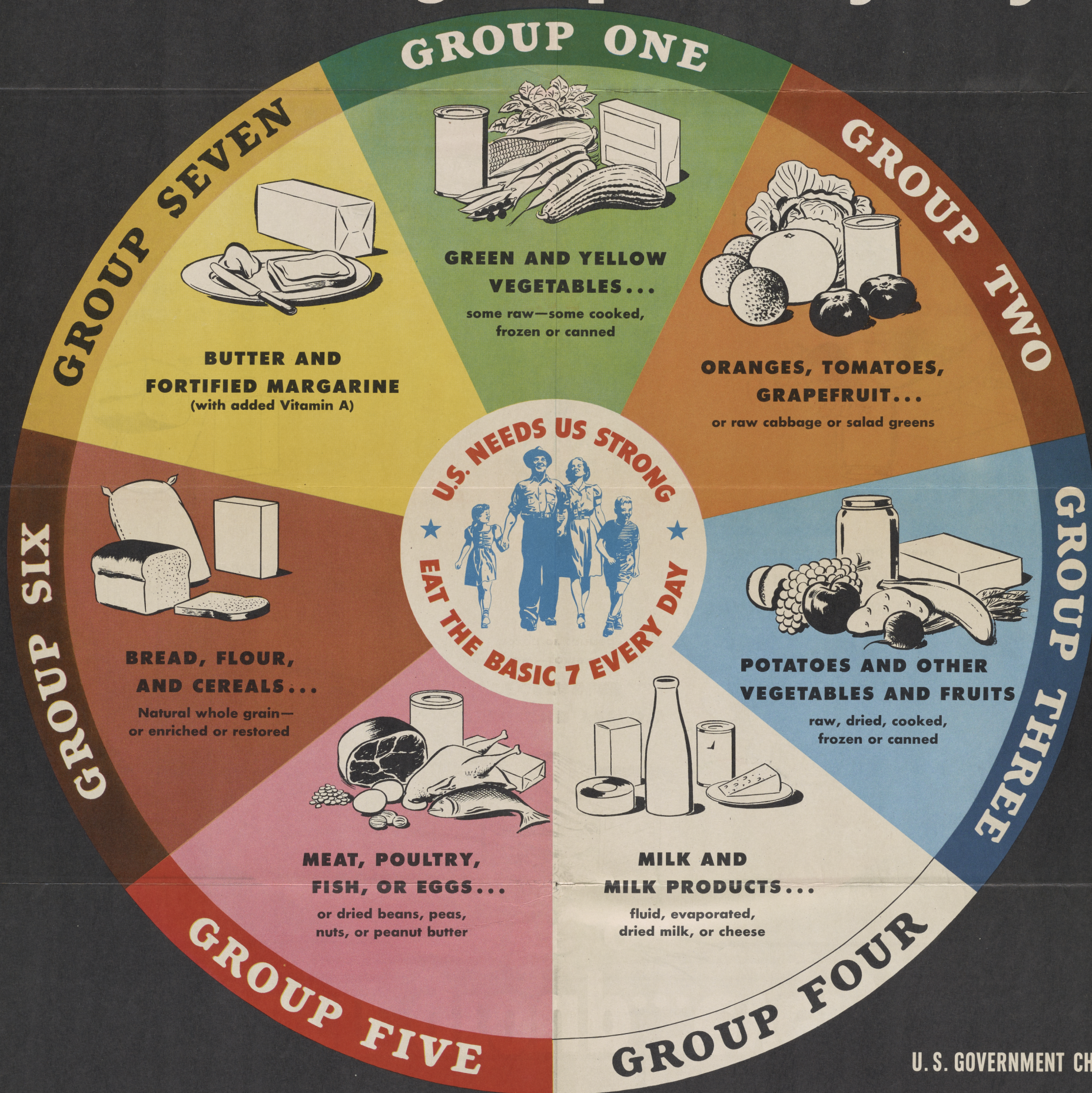


Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

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For Health...eat some food from each group...every day!



U. S. GOVERNMENT CHART

**IN ADDITION TO THE BASIC 7...
EAT ANY OTHER FOODS YOU WANT**